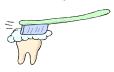


Primary Press

Healthy Happy Teeth



February is Dental Awareness month. Brushing your teeth will produce a pretty smile and a healthy body. "Why do I have to brush my teeth?" is a common guestion asked by children, and we explain the reasons why brushing is important over and over to them. Here is an activity that will help children visualize the importance of good dental hygiene. Show children a hard boiled egg. Ask them, "Why do you think there is a shell around the egg?" Explain that the hard shell protects the egg. Now give the children your best smile and say "See my teeth?" The egg has a hard shell to protect the soft center and our teeth are protected by enamel on the outside.



Pour two cups of vinegar into a large jar. Have the children gently place the hard boiled egg and into the vinegar, cover tightly and put in a safe place. Ask the children what they think will happen to the egg and record their responses on a large piece of paper hung in the room.



Wait two days, then gently remove the egg from the jar. Ask the children to look at the egg. How do their predictions compare with the results of what happened to the egg's shell? The conclusion is the vinegar caused the shell of the egg to break down and become soft. That is the same thing that happens when tooth enamel is damaged by acid and bacteria in our mouths. Brushing every day is the only way to keep this from happening.

Another good visual activity is to bring in a large beautiful apple and tell the children to pretend it is a tooth. Poke a hole in the apple and tell the children that holes or cavities can form in our teeth when we do not brush, floss, eat healthy foods or visit the dentist regularly. The hole you put in the apple is a cavity. Put the apple in the science center and have children record what happens during the week by recording their observations or drawing pictures. At the end of the week, have the children discuss their findings. Ask the children if they would like their teeth to look like the apple. What are some ways you can keep from getting cavities?



To extend your theme even further have the children make a collage of teeth cut out of magazines or try some toothbrush painting.

County of Loudoun Family Services

Volume 8, Issue 4

February 2011



Clean, bright, pearly white

A Smile lights up your fresh face

Brightening my day



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Just Going to the Dentist

By Mercer Mayer

Little Critter is on his way to the dentist for a thorough check-up, complete with dental x-rays. When Dr. Ghum insists on filling a cavity, Little Critter goes through the procedure bravely. The visit is painless to the reader because Little Critter is funny and has a very honest way of looking at things, including dentistry.



Arthur's Tooth

By Marc Brown

Arthur is the only student in his class who has not lost his first baby tooth. He is being teased by the other students and is determined to do anything to help his tooth fall out. When Arthur visits his dentist, he is told it is common to not lose your first tooth until much later. One of Arthur's friends, Francine, accidentally knocks his tooth out and now Arthur feels like one of the group.



Albert's Impossible Toothache

By Barbara Williams

When Albert the turtle complains that he has a toothache, his father assures him this is impossible since turtles do not have teeth. Albert's mom begins to worry since Albert will not get out of bed. Will anyone ever believe the pain is not imaginary?



The Bully Brothers Trick the Tooth Fairy

By Mike Thaler

When the Bully Brothers, Budda and Bumpo, discover that the Tooth Fairy exchanges money for lost teeth, they embark on a campaign of stealing children's teeth and even an elderly lady's dentures.

Little Rabbit's Loose Tooth

By Lucy Bate

This is a story about a little rabbit who loses her first tooth. She thinks of many different things to do with her old tooth before putting it under her pillow for the Tooth Fairy.



<u>Doctor DeSoto</u>

By William Steig

Doctor DeSoto is a dentist who copes with toothaches of many different kinds of animals. Since Doctor DeSoto is a mouse, he does refuse to treat dangerous animals who have a taste for mice. One day, a fox shows up at the office begging for help with his abscessed tooth. Doctor DeSoto is kindhearted but is afraid to help the fox. The clever Doctor and Mrs. DeSoto find a way to help the fox and keep themselves safe.

The Berenstain Bears Visit the Dentist

By Stan & Jan Berenstain
Sister Bear watches Dr. Bearson fill
Brother Bear's small cavity. Soon it is
her turn in the dentist chair to have a
dangling baby tooth removed. This is
an entertaining story for preschoolers about a visit to the dentist office.



Open Wide: Tooth School Inside

By Laurie Keller

In this story, Laurie Keller traces one school day in a classroom of teeth. Fortunately when the teacher, Dr. Flossman, takes attendance all 32 teeth are present to take the pledge. "And to the gums on which we stand, strong and healthy, with toothbrushes for all." The day is interrupted when Carl Canine badmouths a little molar, hurting his feelings even though he has hard enamel on the outside. Sally Incisor then shares her report on primary teeth, "Babies don't need teeth. You never see them eating corn on the cob or anything!" After lunch, the teeth say they do not feel like brushing, so there is an in-depth lesson on tooth decay which causes a flurry of flossing, gargling and brushing of all of the teeth. This book has an endless supply of kid-pleasing puns.



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Let's Do Some Singing & Finger Plays

Are Your Teeth Clean and White?

Sung to "Do Your Ears Hang Low?"

Are your teeth clean and white?

Do you brush them every night?

Do you brush them in the morning?

Do you brush them right?

Do you brush them side to side?

Are your teeth clean and white?

Do you floss them good to remove the bits of food?

Do you floss them every day like you know you should?

Do you take good care of the teeth that are there?

Do you floss them good?



I've Been Brushing

Sung to "I've Been Working on the Railroad"

I've been brushing with my toothbrush, brushing everyday. I've been brushing with my toothbrush, It's how I fight decay. All my teeth are gonna sparkle, how proud I will be.

Every time I want to smile, my teeth will shine for me!

Always brush your teeth, every single day.

Keep those cavities away! Use your brush and paste, just the way you should.

Keep your smile a-looking good!





Got my Toothpaste

Sung to "Twinkle, Twinkle, Little Star"
Got my toothpaste, got my brush,
I won't hurry, I won't rush.
Making sure my teeth are clean,
Front and back and in between.
When I brush for quite awhile,
I will have a happy smile!

Brush Your Teeth

Sung to "Jingle Bells"
Brush your teeth,
Brush your teeth,
Give your teeth a treat.
Brush up and down and all around,
to keep them clean and neat!
Brush them once, Brush them twice,
Brush them three times a day.
Brush up and down and all around,
Keep cavities away!



Dentist

If I were a dentist, I know what I would do. (Point to self)
I'd tell all the children, "Brush your teeth." (Imitate brushing teeth)
Keep a big smile like new (Make a big smile and point to lips)
And if a tiny hole should show, I'd say, "Climb into my chair." (Make a circle with fingers)
I'd make my little drill go buzzzzzzz,

I'd make my little drill go buzzzzzzz, and put a filling there! (Point to teeth)



Sung to Row, Row, Row Your Boat Brush, brush, brush your teeth, 'til they're shiny bright. They'll be healthy, they'll be strong, If you treat them right.

Brushing my Teeth

Sung to London Bridge
Here's my toothpaste
Here's my brush
I won't hurry, I won't rush.
Working hard to keep teeth clean,
Front and back and in between.
When I brush for quite awhile
I have a happy smile.



Clean White Teeth

Sung to I'm a Little Teapot
I'm your little teeth,
Clean and bright.
Please brush me both day and night.
First you make your brush go up and
down, then on each tooth, go round
and round.

I Love to Brush My Teeth

Sung to The Farmer in the Dell I love to brush my teeth, I love to brush my teeth, Up and down and all around, I love to brush my teeth.

I love to floss my teeth I love to floss my teeth In and out and all about, I love to floss my teeth.



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The Tooth Fairy



The Tooth Fairy comes to those who believe and leave their lost teeth for her to find. The Tooth Fairy is very magical. She has special dust that makes her small enough to squeeze through cracks to enter rooms looking for clean teeth left under pillows or on window sills. Sometimes the Tooth Fairy leaves money, a special gift or a desired toy but it all depends on how shiny and well cared for



fairy will be!



the tooth is that is left for her. The

better the child does with brushing

and flossing the happier the tooth

Here is a poem and a song to teach

your children about the Tooth Fairy.







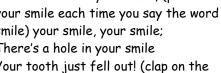


There is a Hole in Your Smile Sung to "There's a Hole in my Bucket."

There's a hole in your smile, (point to your smile each time you say the word smile) your smile, your smile; There's a hole in your smile Your tooth just fell out! (clap on the word out)

Put it under your pillow (Swoop right hand down to under the left hand on under and rest your head on clasped hands each time you say the word pil-

Your pillow, your pillow Put it under your pillow and find a surprise! (Look excited and burst fingers up near your face at the word surprise)





The Tooth Fairy Came Last Night

Yesterday I lost a tooth when I ate a lime. The Tooth Fairy came last night and left me a dime.

Yesterday I lost my tooth when I ate a pickle. The Tooth Fairy came and left me a nickel.

Yesterday I lost my tooth just like my cousin Jenny. The Tooth Fairy came and left me a penny.

County of Loudoun Family Services

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E-Mail: childcareworkshop@loudoun.gov Web: www.loudoun.gov/childcare

Primary Press

Childcare Workshops for **Providers**

To register for these workshops, Please visit:

www.loudoun.gov/childcareworkshop

Workshop Registration opens on the 15th of each month for the following month.

If the 15th is on a weekend or holiday, then registration opens on the next business day.